**YOUTH IN CARE PROGRAM EVALUATION REPORT**

BGCBigs Edmonton,BBBS Calgary, and BBBS Red Deer

April 2021 to March 2022







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Executive Summary

The Youth in Care (YIC) program serves youth 6 to 24[[1]](#footnote-2) years old who have been involved with Children’s Services and may be living in alternate arrangements such as foster homes, group homes or kinship placements.

For this phase of the project, the three partner agencies (BGCBigs Edmonton, BBBS Calgary, and BBBS Red Deer) decided to evaluate the YIC program internally. A shared focus on developmental relationships[[2]](#footnote-3) was identified through comparing the outcomes of each agency’s mentoring programs. Research shows that a developmental relationship with a caring adult builds several protective factors in young people including close friendships with positive peers, effective problem-solving skills, optimism and positive expectations for the future, positive personal coping strategies, positive interpersonal skills, positive pro-social behaviours, a positive relationship with an adult, self-efficacy, self-esteem, and a sense of responsibility2,[[3]](#footnote-4). As a result, developmental relationships are the key outcome collectively reported on in this evaluation.

The overarching goal of this collective evaluation is to measure the extent to which this outcome was achieved from April 2021 to March 2022 and speak to successes, challenges, and future directions. Surveys data showed that 92% of youth experienced a developmental relationship. Taken together with match data, this suggests that youth served in the YIC program are experiencing positive, lasting relationships with their mentor.

# Evaluation Question

The evaluation focuses on determining the extent to which the following collective outcome was achieved: **At program completion 80% of youth will experience a developmental relationship.**

# Data Collection Procedures

Match statistics, demographics, and youth risk factor data were collected for all youth at intake and throughout program. Program surveys were conducted with mentees between April 1, 2021 and March 31, 2022 and were completed by 26 youth (35% male; 65% female).

# Match Statistics and Demographics

Over the course of the evaluation period, 163 matches were supported through one-to-one mentoring (158 unique youth as some youth were re-matched) and 4 youth were served through group mentoring. Unless otherwise specified, all data in this report speaks only to one-to-one mentoring as this program is offered across all three sites, whereas group mentoring is only offered in Edmonton.

On average, matches lasted 25 months (includes closed and active matches as of March 31, 2022), which extends beyond the minimum commitment of 12 months. The average match length for active matches was very comparable across Edmonton (25 months), Calgary (25 months), and Red Deer (35.5 months). The average match length for closed matches was shorter in Edmonton than in Calgary and Red Deer (19.5, 19.8, and 25.5 months respectively) because Edmonton had 11 practicum student matches which all ran for set four-month periods. The top three most common reasons for match closure were match graduation (23%), loss of contact (15%), and (agency) program completed (12%). The average wait time for youth to be matched to a mentor was 12.9 months. As of March 31, 2022, there are 98 youth on the waitlist. This data is very positive overall. The fact that the average match continued past the minimum time commitment, and many chose to continue their mentoring relationship after formal match closure is indicative of strong and lasting mentoring relationships. The average wait time of just over one year as well as the number of youth on the waitlist highlight the continued high demand for YIC programming and the importance of recruiting and training mentors for this program.

Of the 158 youth served in one-to-one mentoring matches, 33% were male, 66% were female, 1% were transgender and 1% were non-binary. Youth ranged from 7 to 23 years old, with an average age of 13 years. Youth served in Red Deer were slightly younger on average than youth served in Calgary and Edmonton (average ages 11, 15, and 13 years old respectively). Majority of youth identified as Indigenous (47%), followed by English Canadian (31%), and other various ethnicities (22%). In Edmonton and Red Deer, the proportion of Indigenous youth was higher than in Calgary (47%, 53%, and 43% respectively).

Data indicated that 26% of youth live with a single female parent, 17% live in kinship care, 16% live in a foster home, and 41% had other various living arrangements. Overall, nearly half of youth (34%) do not live with a biological, adoptive, or step-parent (51% in Calgary, 35% in Red Deer, and 27% in Edmonton). All youth had current (63%) or past (37%) involvement with child services. See [Appendix A](#_Appendix_B:_Demographics) for a breakdown of match statistics and demographics collectively and by site.

# Youth Risk Factors

At two sites (BBBS Calgary and BBBS Red Deer), risk factor data was collected using the Needs Registry (NR). The NR uses 13 adversities that youth may have faced at any time in their life to inform an Adverse Childhood Experiences (ACEs) score. At one site (BGCBigs Edmonton), risk factor data was collected via the Final Child and Family Assessment (FCFA), which lists 60 concerns that children or youth may be facing. Edmonton collects NR data on new clients during enrolment but does not have this data for already matched youth. There was not enough data to use the NR data therefore the FCFA data was used again in this report.

There were some commonalities across the three sites in the risk factors most commonly faced by youth. NR data from BBBS Calgary and BBBS Red Deer indicated that 82% of youth had experienced parental separation or divorce and 71% had a household member who had experienced mental illness. Mental health was also a commonly faced adversity for youth served in BGCBigs Edmonton with 20% of youth facing mental health issues themselves.

Overall, risk factor data across the three sites shows that youth served in the YIC program face many adversities and at higher rates than youth in other community-based mentoring programs. See [Appendix B](#_Appendix_B:_Youth_1) for a breakdown of youth risk factors by site.

## BGCBigs Edmonton

The FCFA was completed with 105 youth that were involved with Youth in Care programming during this evaluation period. The FCFA is completed with YIC youth at time of interview so may not reflect current information for all current YIC program participants. The table below lists the most commonly noted concerns. The percentage of youth facing the same adversities in other community-based programs is also provided as a comparison. Overall, the percentage of youth facing each risk factor was higher than in other community-based programs.

|  |  |  |
| --- | --- | --- |
| **RISK FACTOR** | YIC | Other CB |
| % | % |
| **History of abuse (emotional, physical, sexual)** | **46%** | 17% |
| **ADHD/ADD** | **38%** | 31% |
| **Lack of adult supports** | **32%** | 24% |
| **Difficulty relating to peers/lack of friends** | **23%** | 20% |
| **Mental health issues** | **21%** | 16% |

## BBBS Calgary

The NR was completed with 36 youth. Data was collected at intake through the Parent/Guardian Questionnaire and validated at intake interview to ensure data accurately reflects prior life experience of young person. Findings from this dataset indicate that the average YIC youth served in Calgary had an ACEs score of 9 (range 3 to 12). The table below lists the top three adversities, apart from involvement in Child Welfare, with the percentage of youth facing the same adversities in the full community-based program (including Youth in Care data). Generally, the percentage of youth facing each adversity was higher than in the overall community-based programs.

|  |  |  |
| --- | --- | --- |
| **RISK FACTOR** | YIC | Total CB |
| % | % |
| **A household member experienced mental illness** | **92%** | 61% |
| **Child has seen or heard violence** | **89%** | 52% |
| **Child has experienced bullying** | **81%** | 67% |

## BBBS Red Deer

The NR was completed with 17 youth at intake. Findings from this dataset indicate that on average YIC youth served in Red Deer had an ACEs score of 5 (range 3 to 10). The table below lists the top three adversities faced, apart from involvement in Child Welfare, with the percentage of youth facing the same adversities in other community-based programs as a comparison.

|  |  |  |
| --- | --- | --- |
| **RISK FACTOR** | YIC | Other CB |
| % | % |
| **Parental separation or divorce** | **88%** | 63% |
| **Child is coping from mental illness** | **56%** | 29% |
| **A household member experienced mental illness** | **50%** | 56% |

# Common Outcome Findings

Research shows that a developmental relationship with a caring adult builds a number of protective factors in young people including close friendships with positive peers, effective problem-solving skills, optimism and positive expectations for the future, positive personal coping strategies, positive interpersonal skills, positive pro-social behaviours, a positive relationship with an adult, self-efficacy, self-esteem, and a sense of responsibility. Each agency measured five key elements of developmental relationships (express care, challenge growth, provide support, share power, and expand possibilities) via survey to speak to the following indicator: **At program completion 80% of youth will experience a developmental relationship.**

This outcome was achieved across all three sites. Survey data indicated that on average across the three sites, **92% of youth experienced a developmental relationship.** Child and youth survey data related to each of the five elements of developmental relationships are below:

1. **Express Care:** Youth know that they matter to their mentor. On average **99%** of youth across the three agencies reported that their mentor expresses care.
2. **Challenge Growth:** Mentors inspire youth to be their best. On average **92%** of youth across the three agencies reported that their mentor challenges growth.
3. **Provide Support:** Mentors help youth complete tasks and achieve goals. On average **92%** of youth across the three agencies reported that their mentor provides support.
4. **Share Power:** Mentors treat youth with respect and give them a say. On average **91%** of youth across the three agencies reported that their mentor shares power.
5. **Expand Possibilities:** Mentors connect youth with people and places that broaden their world. On average **87%** of youth across the three agencies reported that their mentor expands possibilities.

Survey data was very positive overall and shows that not only did 92% of youth experience a developmental relationship with their mentor, but also each of the five elements exceeded the 80% goal. See [Appendix C](#_Appendix_C:_Developmental_1) for a complete list of the child and youth survey questions used by each agency.

# Agency Specific Outcomes

All three agencies collected additional outcome data from mentees, guardians, and mentors. In this section, each agency reports on youths’ social-emotional skills according to the five core CASEL competencies[[4]](#footnote-5), as well as other findings that speak to youth development, the quality of mentoring relationships, and/or mentors’ experiences.

## BGCBigs Edmonton

### Youth Social-Emotional Competencies

Mentees who had been matched for one year or longer (n=5) reported on five core social-emotional competencies via survey. Guardians whose children had been matched for one year or longer (n=4) also reported on their children’s social-emotional competencies via survey. Although the data set is small for these outcomes, the positive responses are very encouraging:

* **Self-Awareness:** Accurately assessing one’s feelings, interests, values, and strengths; maintaining a well-grounded sense of self-confidence. **90%** of mentees reported being more self-aware since having a mentor. **100%** of guardians reported their child is more self-aware since having a mentor.
* **Self-Management:** Regulating one’s emotions to handle stress, controlling impulses, and persevering in addressing challenges; expressing emotions appropriately; and setting and monitoring progress toward personal and academic goals. **79%** of mentees reported being more self-managed since having a mentor. **82%** of guardians reported their child is more self-managed since having a mentor.
* **Social Awareness:** Being able to take the perspective of and empathize with others; recognizing and appreciating individual and group similarities and differences; and recognizing and making the best use of family, school, and community resources. **100%** of mentees reported being more socially aware since having a mentor. **86%** of guardians reported their child is more socially aware since having a mentor.
* **Relationship Skills:** Establishing and maintaining healthy and rewarding relationships based on cooperation; resisting inappropriate social pressure; preventing, managing, and resolving interpersonal conflict, and seeking help when needed. **100%** of mentees reported being more self-aware since having a mentor. **86%** of guardians reported their child is more self-aware since having a mentor.
* **Responsible Decision Making**: Making decisions based on consideration of ethical standards, safety concerns, appropriate social norms, respect for others, and likely consequences of various actions; applying decision-making skills to academic and social situations; and contributing to the well-being of one’s school and community. **100%** of mentees reported being more self-aware since having a mentor. **100%** of guardians reported their child is more self-aware since having a mentor.

### Mentor Training and Support

Research has shown that mentors being well-prepared and supported increases the quality and length of mentoring relationships, so it is important to measure the extent to which effective training and support is being achieved. Mentors reported via survey how prepared and supported they felt in their roles. Of the 25 mentors who completed surveys, 96% (n=24) reported that the training they received prepared them well for their role as a mentor, while the other respondents reported that they felt somewhat prepared by the training (4%; n=1). 96% (n=24) of respondents reported that they understand their role as a mentor and all 25 respondents reported that they have ongoing support from agency staff. Overall, the data suggests that mentors in the YIC program feel well-prepared and supported.

## BBBS Calgary

### Youth Social-Emotional Competencies

BBBS of Calgary and Area’s theory of change states that children and youth facing adversity who engage in positive mentoring relationships with caring adults will improve their self-regulation and social-emotional skills. Social-emotional skills were assessed according to the five core CASEL competencies. Mentees completed surveys at the beginning and end of the program or at their annual review. Only paired surveys where post surveys were completed in the 2021-2022 fiscal year were included in analysis (n=10). Because of this small sample size, the following data may not be representative of overall YIC program participants.

Survey results indicated that 60**%** of mentees in the YIC program demonstrated improvement in at least one social-emotional competency, falling short of the anticipated evaluation goal (75%). Among the five competencies, the highest number of mentees demonstrated improvement in:

* **Self Awareness: 50%** of children and youth improved their ability to accurately recognize emotions and thoughts and how they influence behaviour.
* **Social Awareness: 20%** of children and youth improved their capability to interact with others in a positive manner that shows respect and tolerance.
* **Self-Management: 20%** of children and youth improved their ability to regulate their emotions, thoughts, and behaviours effectively in different situations.
* **Decision Making: 20%** of children and youth improved their ability to make constructive and respectful choice about their personal behaviour and social interactions.

The graph below shows YIC survey data with reference to the full community-based program (including YIC children and youth) in the 2022 fiscal year:



### Mentor Quotes

The following are quotes from mentors speaking about their experiences and their mentees:

* [Mentoring] has definitely opened my eyes on the responsibility of children and how you have to make the best decisions for you and them.
* [My Mentee’s] world is very different from my own and it’s a dose of perspective and reality that keeps me grounded. Her empathy, kindness, energy and light are very inspiring to me. I often question whether I would be the same way given her circumstances? She is so strong.
* It has provided different focus and experience in my life, provided joy, and makes me feel more connected to community.
* I have enjoyed spending time with my wife and little to routinely try new things - who knew an old man would like the trampoline and arcade. I also felt really great when [my mentee] displayed a little bit of gratitude by saying he was so lucky to have done one of the activities that we chose for him. It helped us realize gratitude isn't just saying thank you. The gratitude comes from experiencing joy and fun.

## BBBS Red Deer

BBBS Red Deer’s agency evaluation focused on the effects of mentoring on youth’s development of social-emotional skills. Mentee (n=7), parent/guardian (n=4) and mentor (n=6) post-surveys were obtained during the reporting period. Results highlighted similarities across all three groups of respondents in areas of social-emotional competencies and the quality of mentoring relationships.

### Elements of Developmental Relationships

* **Expand Possibilities:** The program helped youth expand their networks of support and provided opportunities to participate in things they are interested in. This data was positive across all three groups of survey respondents (**80%** of mentees, **75%** of parent/guardian’s and **100%** of mentors)
* **Express Care/Share Power: 75%** of parents/guardians reported that mentors genuinely care about their children and involve their children in decision making.

### Youth Social-Emotional Competencies

* **Relationship Skills/Social Awareness:** **50%** of parents/guardians reported that their child has improved their social skills, gets along better with peers, and demonstrates more interest in helping others. **79%** of mentees and **92%** of mentors reported an improved ability to make friendsand understand the importance of helping others*.*
* **Self-Management**: **93%** of mentees reported that they are better at handling whatever comes their way, and they are more willing to try again if something they do doesn’t work out.

### Mentor Feedback

*“[I am]* just thankful to have a mentor for my child”. *(Parent)*

*“*[My mentee] has matured and grown so much since we first got matched. It’s been amazing to see them, grow into the young adult I know today*”. (Mentor)*

* Mentors noted improvements in mentees’ **social skills:**
	+ My mentee is chattier and more engaged in conversation. My mentee has started to put forward ideas of things she would like to do together.
	+ [My mentee] has become more confident in himself and his hobbies and interests now that he has someone, he feels he can share them with.

# Successes, Challenges, and Next Steps

## Successes

During this evaluation period, the YIC program served 163 one-to-one mentoring matches, which translates to 158 unique youth. These youth faced many adversities and at higher rates than youth in other community-based mentoring programs, which highlights the need for this separate program. The most commonly faced adversities across the three sites include Child Welfare involvement, mental health issues at a household and personal level, and parental separation or divorce, among many others.

Match data was very positive and revealed that most matches continued past their minimum match length commitments, and many chose to informally continue their mentoring relationship after match closure, which speaks to the strength of the mentoring relationships. The quality of the mentoring relationships was also supported by survey data, which showed that 92% of youth experienced a developmental relationship with their mentor.

Taken together, these findings that suggest that youth served in the YIC program are experiencing positive, lasting relationships with their mentors, which research has found builds a number of fundamental protective factors in young people. The number of youth on the waitlist highlights the continued need for programming.

## Challenges/Limitations

A major challenge during this reporting period was conducting many program and evaluation activities virtually, due to in-person restrictions resulting from the Covid-19 pandemic. Even as the restrictions were lifted, many participants remained hesitant or uncomfortable to resume in-person connections. A number of barriers have contributed to low survey responses, including individuals focus on basic needs or mental health challenges over survey completion, internet or technical issues, not having a printer at home, or even COVID challenges in general. These barriers, among others, negatively impacted survey response rates across all three sites. Additionally, survey results offer a snapshot in time and since respondents are self-selected, findings may not be representative of the entire population. Red Deer faced a unique challenge as two key employees involved with the YIC program in Red Deer left employment with the agency within a short time frame of each other, which affected the overall continuity of data collection.

## Next Steps

During this evaluation period, the three sites collaborated to develop a collective report. We compared agency data and outcomes to land on the collective match and demographic data as well the common outcome of developmental relationships. We used this information to develop an evaluation framework and a plan for each of the three sites to collect and analyze their data. The collective report provided a great overview of the YIC program as a whole and the positive impacts that this mentoring program is having for youth in care.

This process has also highlighted the best path going forward in terms of data collection and collective reporting: We will continue to use our evaluation framework and to collect and report on developmental relationships as we move into the next evaluation period. We will work to improve survey response rates across all three sites, and we are hopeful that there will be fewer interruptions to program delivery due to Covid-19 restrictions in the next evaluation period. Going forward, all three sites plan to collect youth risk factor data using the Needs Registry and provide a comparison between YIC programming and other community-based mentoring programs to help highlight the difference in rates of adversities faced. Edmonton does collect NR data on new clients during enrolment but does not have this data for already matched youth. There was not enough data to use the NR data therefore the FCFA data was used again in this report. All three sites collecting ACEs scores and comparisons going forward will strengthen our ability to speak to collective risk factors.

The positive findings from this evaluation period as well as the number of youth who are waiting for a mentor highlight the continued need for the YIC program to support youth in care in Edmonton, Calgary, and Red Deer. We are in a strong position to continue delivering this program with very positive impacts.

#

# Appendix A: Match Statistics and Demographics

*All numbers are for one-to-one mentoring matches (not group) unless specified.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **YOUTH SERVED** | **Collective** | Edmonton | Calgary | Red Deer |
| 1:1 Matches | **163** | 109 | 37 | 17 |
| 1:1 Unique Youth | **158** | 104 | 37 | 17 |
| Group Mentoring Participants | **4** | 4 | 0 | 0 |
| Group Mentoring Unique Youth | **4** | 4 | 0 | 0 |
| Avg. Wait Time for a 1:1 Match (months) | **12.9** | 9 | 12.7 | 17 |
| 1:1 Waitlist as of March 31, 2021 | **98** | 64 | 25 | 9 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **GENDER** | **Collective** | Edmonton | Calgary | Red Deer |
| **Count** | **%** | Count | % | Count | % | Count | % |
| Male | **52** | **33%** | 29 | 28% | 15 | 41% | 8 | 47% |
| Female | **104** | **66%** | 73 | 70% | 22 | 59% | 9 | 53% |
| Transgender | **1** | **1%** | 1 | 1% |  |  |  |  |
| Non-binary | **1** | **1%** | 1 | 1% |  |  |  |  |
| **Total** | **158** | **100%** | 104 | 100% | 37 | 100% | 17 | 100% |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **AGE** | **Collective** | Edmonton | Calgary | Red Deer |
| Range (years) | **7-23** | 7-23 | 10-22 | 7-17 |
| Average (years) | **13** | 13 | 15 | 11 |
| Median (years) | **N/A** | 13 | 15 | 11 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **ETHNICITY** | **Collective** | Edmonton | Calgary | Red Deer |
| **Count** | **%** | Count | % | Count | % | Count | % |
| African | **4** | **2.5%** | 4 | 4% |  |  |  |  |
| American | **2** | **1.3%** | 2 | 2% |  |  |  |  |
| Asian-all other | **1** | **.6%** | 1 | 1% |  |  |  |  |
| English Canadian | **49** | **31%** | 34 | 33% | 14 | 38% | 1 | 6% |
| European | **5** | **3.2%** | 3 | 3% | 1 | 3% | 1 | 6% |
| First Nations/Metis/Inuit | **74** | **46.8%** | 49 | 47% | 16 | 43% | 9 | 53% |
| South American | **1** | **.6%** | 1 | 1% |  |  |  |  |
| Southeast Asian | **1** | **.6%** |  |  | 1 | 3% |  |  |
| Middle Eastern | **2** | **1.3%** |  |  | 2 | 5% |  |  |
| Undisclosed | **8** | **5.1%** | 8 | 7% |  |  |  |  |
| Blank | **11** | **7%** | 2 | 2% | 3 | 8% | 6 | 35% |
| **Total** | **158** | **100%** | 104 | 100% | 37 | 100% | 17 | 100% |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **WHO CLIENT LIVES WITH** | **Collective** | Edmonton | Calgary | Red Deer |
| **Count** | **%** | Count | % | Count | % | Count | % |
| Custodial Facility | **1** | **1%** |  |  | 1 | 3% |   |   |
| Foster Home | **25** | **16%** | 13 | 12% | 9 | 24% | 3 | 18% |
| Grandparent | **8** | **5%** | 4 | 4% | 3 | 8% | 1 | 6% |
| Group Home | **14** | **9%** | 6 | 6% | 8 | 22% |  |  |
| Kinship Care | **27** | **17%** | 18 | 17% | 6 | 16% | 3 | 18% |
| Living Independently | **4** | **3%** | 2 | 2% | 1 | 3% |  1 |  6% |
| Lives with Both Biological Parents | **7** | **4%** | 4 | 4% |  2 | 5%  |  1 |  6% |
| Adoptive Parents | **2** | **1%** | 2 | 2% |   |   |   |   |
| Single Parent Female | **41** | **26%** | 34 | 33% | 5 | 14% | 2 | 11% |
| Single Parent Male | **10** | **6%** | 7 | 7% | 2 | 5% | 1 | 6% |
| Two Parent Blended Family | **9** | **6%** | 6 | 6% |  |  | 3 | 18% |
| Blank | **10** | **6%** | 8 | 7% |   |   |  2 |  11% |
| **Total** | **158** | **100%** | 104 | 100% | 37 | 100% | 17 | 100% |
| **CW INVOLVEMENT** | **Collective** | Edmonton | Calgary | Red Deer |
| **Count** | **%** | Count | % | Count | % | Count | % |
| Current | **100** | **63%** | 57 | 55% | 33 | 89% | 10 | 59% |
| Past | **58** | **37%** | 47 | 45% | 4 | 11% | 7 | 41% |
| **Total** | **158** | **100%** | 104 | 100% | 37 | 100% | 17 | 100% |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MATCH DURATION****For matches active as of March 31, 2022 (n=92)** | **Collective** | Edmonton | Calgary | Red Deer |
| Range (months) | **1.41-119.93** | 1.41-119.93 | 2.0-93.7 | 5.9 to 71.7 |
| Average (months) | **28.51** | 25.03 | 25 | 35.5 |
| Median (months) | **N/A** | 15.73 | 18.4 | 19.3 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **MATCH DURATION****For matches closed during the evaluation period (n=66)** | **Collective** | Edmonton | Calgary | Red Deer |
| Range (months) | **2.0-182.20** | 2.73-182.20 | 2.0-48.9 | 4.0 to 64.4 |
| Average (months) | **21.95** | 19.56 | 19.8 | 26.5 |
| Median (months) | **N/A** | 10.8 | 18.4 | 22.6 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CLOSURE REASON****For matches closed during the evaluation period (n=66)** | **Collective** | Edmonton | Calgary | Red Deer |
| **Count** | **%** | Count | % | Count | % | Count | % |
| (Agency) Program Completed | **8** | **12%** | 8 | 19.5% |  |  |  |  |
| Commitment Met | **6** | **9%** | 1 | 2.5% | 4 | 23.5% | 1 | 12.5% |
| Child Lost Interest | **6** | **9%** | 1 | 2.5% | 4 | 23.5% | 1 | 12.5% |
| COVID-19 Pandemic | **2** | **3%** | 2 | 5% |   |   |   |   |
| Deceased | **1** | **2%** | 1 | 2.5% |  |  |  |  |
| Expectations Not Met | **5** | **8%** |  |  | 1 | 6%  | 4 | 50% |
| Loss of Contact | **10** | **15%** | 5 | 12% | 3 | 17% | 2 | 25% |
| Match Graduation | **15** | **23%** | 13 | 32% | 2 | 12% |  |  |
| Moved | **3** | **5%** | 3 | 7% |   |   |  |  |
| Personal Life Changes | **6** | **9%** | 5 | 12% | 1 | 6% |   |   |
| Time Constraints | **2** | **3%** | 1 | 2.5% | 1 | 6%  |   |   |
| Unsuccessful Match Start | **1** | **2%** | 1 | 2.5% |  |  |  |  |
| Blank | **1** | **2%** |  |  |  1 | 6% |   |   |
| **Total** | **66** | **100%** | 41 | 100% | 17 | 100% | 8 | 100% |

#

# Appendix B: Youth Risk Factors

BGCBigs Edmonton

|  |  |
| --- | --- |
| **FINAL CHILD AND FAMILY ASSESSMENT****Top 5 risks are bolded.** | Edmonton(n=105 youth) |
| Count | % |
| **History of abuse (emotional, physical, sexual)** | **51** | **49%** |
| **ADHD/ADD** | **44** | **42%** |
| **Lack of adult supports** | **38** | **36%** |
| **Difficulty relating to peers/lack of friends** | **29** | **28%** |
| **Mental health issues** | **21** | **20%** |
| Low self-esteem | 18 | 17% |
| Emotional Coping Difficulties | 18 | 17% |
| Conflict/violence in home | 17 | 16% |
| Being bullied | 15 | 14% |
| Not engaged in education/recent suspension | 12 | 11% |

BBBS Calgary and BBBS Red Deer

|  |  |  |  |
| --- | --- | --- | --- |
| **NEEDS REGISTRY****Top 5 collective risks are bolded.** | **Collective**(n=53 youth) | Red Deer(n=17 youth) | Calgary YIC(n=36 youth) |
| **Count** | **%** | Count | % | Count | % |
| Child is experiencing social isolation | 30 | 50% | 5 | 31% | 25 | 69% |
| **Parental separation or divorce** | 41 | 82% | 14 | 88% | 27 | 75% |
| **Child removed from the home by Child Welfare** | 51 | 97% | 15 | 94% | 36 | 100% |
| Household member had substance abuse problem | 28 | 47% | 5 | 31% | 23 | 64% |
| **A household member experienced mental illness** | 41 | 71% | 8 | 50% | 33 | 92% |
| A household member experienced incarceration | 24 | 40% | 4 | 25% | 20 | 56% |
| **Child has experienced bullying** | 36 | 62% | 7 | 44% | 29 | 81% |
| **Child has seen or heard violence** | 37 | 60% | 5 | 31% | 32 | 89% |
| Child experienced death of someone close | 24 | 40% | 4 | 25% | 20 | 56% |
| Child arrived in Canada with refugee status | 1 | 1% | 0 | 0% | 1 | 3% |
| Exposure to financial stress | 29 | 49% | 5 | 31% | 24 | 67% |
| Child is exposed to vulnerable employment | 19 | 30% | 2 | 13% | 17 | 47% |
| Child is coping from mental illness | 34 | 63% | 9 | 56% | 25 | 69% |

# Appendix C: Developmental Relationships Survey Questions

The table below outlines the youth survey questions that each agency used to measure the five elements of developmental relationships. All three agencies are guided by The Developmental Relationships Framework[[5]](#footnote-6). Both Calgary and Red Deer include all indicators of each element on their surveys. Edmonton includes two indicators per element to keep survey length reasonable due to having other mandatory survey questions.

|  |  |  |  |
| --- | --- | --- | --- |
| **ELEMENT** | **BGCBIGS Edmonton** | **BBBS Calgary** | **BBBS Red Deer** |
| Express Care | * I can trust my mentor.
* My mentor pays attention to me when we are together.
 | * My mentor is someone I can trust
* My mentor really pays attention to me when we are together
* My mentor makes me feel known and valued
* My mentor shows me that he/she enjoys being with me
* My mentor praises me for my efforts and achievements
 | * My mentor is someone I can trust
* My mentor really pays attention to me when we are together
* My mentor makes me feel known and valued
* My mentor shows me that he/she enjoys being with me
* My mentor praises me for my efforts and achievements
 |
| Challenge Growth | * My mentor encourages me to do my best.
* My mentor helps me learn from mistakes and setbacks.
 | * My mentor expects me to live up to my potential
* My mentor pushes me to go further
* My mentor insists that I take responsibility for my actions
* My mentor helps me learn from mistakes and setbacks
 | * My mentor expects me to live up to my potential
* My mentor pushes me to go further
* My mentor insists that I take responsibility for my actions
* My mentor helps me learn from mistakes and setbacks
* My mentor has helped me feel that I can make a difference
 |
| Provide Support | * My mentor helps me build confidence.
* My mentor sets healthy limits and boundaries for me.
 | * My mentor guides me through hard situations and systems
* My mentor builds my confidence to take charge of my life
* My mentor stands up for my when I need it
* My mentor puts in place limits that keep me on track
 | * My mentor guides me through hard situations and systems
* My mentor builds my confidence to take charge of my life
* My mentor stands up for my when I need it
* My mentor puts in place limits that keep me on track
 |
| Share Power | * My mentor treats me fairly.
* My mentor involves me in decision making.
 | * My mentor takes me seriously and treats me fairly
* My mentor involves me in decisions that affect me
* My mentor works with me to solve problems and reach goals
* My mentor creates opportunities for me to take action and lead
 | * My mentor takes me seriously and treats me fairly
* My mentor involves me in decisions that affect me
* My mentor works with me to solve problems and reach goals
* My mentor creates opportunities for me to take action and lead
 |
| Expand Possibilities | * My mentor inspires me to see new possibilities for my future.
* My mentor introduces me to new ideas, experiences, and/or places.
 | * My mentor inspires me to see possibilities for my future
* My mentor exposes me to new ideas, experiences, and places
* My mentor introduces me to people who can help me grow
 | * My mentor inspires me to see possibilities for my future
* My mentor exposes me to new ideas, experiences, and places
* My mentor introduces me to people who can help me grow
* As a result of mentoring, I have been able to participate in more things that interest me
* As a result of mentoring, I know more adults that I can go to when I need help
 |

1. BBBS Red Deer serves children/youth ages 5-22 years [↑](#footnote-ref-2)
2. [Developmental Relationships | Search Institute (search-institute.org)](https://www.search-institute.org/developmental-relationships/) [↑](#footnote-ref-3)
3. [Resilience (harvard.edu)](https://developingchild.harvard.edu/science/key-concepts/resilience/) [↑](#footnote-ref-4)
4. [SEL Framework (casel.org)](https://casel.org/sel-framework/) [↑](#footnote-ref-5)
5. [Developmental Relationships | Search Institute (search-institute.org)](https://www.search-institute.org/developmental-relationships/) [↑](#footnote-ref-6)